

# Recommendations to Prevent Spread of Influenza in Homes, Schools, and Daycares

Influenza is spread or transmitted when a person who has the flu coughs, sneezes, or speaks and sends influenza virus into the air. The virus enters the nose, throat, or lungs of a person and begins to multiply, causing symptoms of influenza. Influenza may, less often, be spread when a person touches a surface that has flu viruses on it and then touches his or her nose or mouth.

Don't attend work, school, or daycare if you think you have the flu. Rest and drink plenty of fluids. Contact your health care provider if you have other long term health problems.

Cover your mouth when coughing and use a disposable tissue when sneezing or blowing your nose. Throw tissues away immediately, and then wash your hands. Make tissues available at home, in school, at daycare, and in your car.

Wash your hands often by using soap and warm water for at least 20 seconds. Wash hands immediately after contact with an ill person. Make sure plenty of soap and clean towels are always available. Help young children wash their hands properly.

If soap and water is not available, use alcohol-based hand sanitizers to disinfect hands. Remember that this is second best and doesn't replace frequent and thorough handwashing.

Don't share drinking glasses, eating utensils, toothbrushes, water bottles, or other drinks.

Have tissues on hand for students riding school buses. Encourage students to cover their nose and mouth with a tissue when coughing and sneezing. After transporting students, disinfect interior surfaces that are frequently touched, such as door handles, railings, and seat backs. Use household cleaner or bleach solution ( $\frac{1}{4}$  cup bleach with 1 gallon of water).

Clean surfaces such as door handles, handrails, eating surfaces, toys, and phones frequently with household cleaner or bleach solution ( $\frac{1}{4}$  cup bleach with 1 gallon of water). If disinfectant is not available, use hot water and soap.



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